



## **“Gear Up for Safety”**

### **Incorporating a Safe Kids Station into Kansas Kids Fitness & Safety Day**

Safe Kids Kansas and the Kansas Fitness Council are partnering once again to incorporate injury prevention into the Kansas Kids Fitness games. Accidental injuries are the leading killer of Kansas kids. The theme for Safe Kids Week this year is “Gear Up for Safety”.

It is recommended that one of the activity stations in the Fitness Games be designated as a Safe Kids station to reinforce the injury prevention messages included in the student and teacher packets for Fitness Days. As an incentive, schools may request smoke detectors and bike helmets to use in their Safe Kids activity station. We have applied for funding to provide lifejackets (PFDs) to participating sites also. To request these items, please fill out the enclosed fax-back form, or contact Jan Stegelman at 785-296-1223, or Cherie Sage at 785-296-0351. Deadline for requests is April 1, 2008.

The Safe Kids station will be similar to the other stations at your event (see step 5 of Fitness Day Guide.) A sample fitness day layout is attached. It is very important that the children be active and have fun at the station – No Lectures Allowed!!! Many communities have a safe kids coalition in their area - if not, the local fire, EMS or police department might be willing to help run the Safe Kids Station for you.

#### Suggested activities at the Safe Kids Station:

Children proceed through a Safe Kids relay that may include any combination of the following depending upon your space and the number of children participating:

- Demonstrating stop, drop & roll on a gym mat
- Water safety area where child must put on a PFD (personal flotation device) correctly
- Telephone to demonstrate correctly calling 911 - make sure they know their home address!!

- Helmet safety demonstration - match the sport helmets to the sports (football helmet to football, softball helmet to softball, baseball helmet to baseball, bike/skate helmet to skates or skateboard)
- Buckle Up – run all the around a car looking for anything in the way for the driver (small children, toys etc) and then get in the back seat and buckle up correctly. Potentially you could put something in the way of the car for the child to find and move out of the way.
- Pressing the test button on a smoke detector (beep, beep).

As soon as the beep is heard, the next child starts through the relay course.

The equipment needed for the Safe Kids station is readily available:

- ❑ Gym Mat for stop drop & roll
- ❑ Telephone
- ❑ Stand for phone (milk crate works well.)
- ❑ Smoke detector with batteries
- ❑ Stand for smoke detector (milk crates work)
- ❑ PFD (life jacket) sized for third graders. (We recommend the jacket type with plastic snap fasteners for use for this event.) You can also include some obviously too big or too small PFD's so that the kids have to choose the size that fits them.
- ❑ Automobile, mini-van or SUV with lap/shoulder belts in the back seat
- ❑ Choose Two or More:
  - Football/Football Helmet
  - Baseball/Baseball Helmet
  - Softball/Softball Helmet
  - Bike or Skateboard/ Bike or Skating Helmet

For additional information or requests, contact Cherie Sage at 785-296-0351, [csage@kdhe.state.ks.us](mailto:csage@kdhe.state.ks.us).